

Cowichan Region Free & Low-Cost Food Resources

For more community resources & services, call 211 or visit bc211.ca

Duncan

Cowichan Valley Basket Society (Duncan Foodbank)

5810 Garden St, Duncan
250-746-1566
Email office@cvbs.ca
Website www.cvbs.ca



Coffee, tea & snacks Monday-Friday 8:30am-4:30pm & Sat. 8:30am-3:30pm
Hot or bagged lunches Monday to Friday 11am-3:30pm & Sat. 11am-2:30pm
Sunday Sandwiches (& on stat holidays) 12-1pm by [Sunday Sandwiches](#)
Easy-carry hamper every 14 days for unhoused people
Food hampers

- Monday to Friday 10am-12:15pm by appointment or drop-in
- Saturday 10am-12:30pm by pre-order (phone ahead)
- Call to register a day or two ahead preferred if possible

Cowichan Green Community (CGC)

360 Duncan St, Duncan
250-748-8506
Email info@cowichangreencommunity.org
Website cowichangreencommunity.org

Meals on Wheels - Hot supper Monday to Saturday delivered 4-5pm with frozen meal option for Sunday; \$10-\$12.50 per meal
Weekday takeout lunch 11am-3pm - Monday-Thursday soup & sandwich & Friday burger, \$10
ReRefresh Store with low-cost produce, groceries, frozen meals, & seeds; Monday-Friday 10am-5pm & Saturday 10am-3pm; weekly \$25 food coupons may be available (currently wait list)
Cob Oven Pizza @Centennial Park Thursdays 1-4pm for unhoused youth
Farmers' Market Coupon Program - Applications available at CGC
Kin Park Pantry at 5789 Alderlea St –Fruit, vegetables, bread, canned goods; please take what you need, leave what you can

Hiiye'yu Lelum Society House of Friendship

5462 Trans-Canada Hwy, Duncan
250-748-2242
Email ajack@hofduncan.org
Website www.hofduncan.org

Breakfast Monday to Friday, 6-8:30am
Food package delivery and meals available depending on the program
Perinatal & early years support through [Healthiest Babies Possible & Early Years Program](#); contact LSjolie@hofduncan.org for more information.

Meals on the Ground

Duncan United Church, 246 Ingram St,
Duncan | email info@cgcf.ca

Hot dinner Monday, Wednesday & Friday 4:30-5pm, including Monday, Wednesday & Friday which fall on a statutory holiday

Nourish Cowichan & Cowichan School District Food Support Programs

250-597-7760 | NourishCowichan.ca
www.SD79.bc.ca

School Food Program
Family Weekend Food Support Program
Contact your school principal for more information



Salvation Army Family Services

280 Trans-Canada Highway, Duncan
250-746-8669 ext. 102
Email David.Perry@salvationarmy.ca
Website cowichanvalleysa.ca

Family Services including Emergency Food Hamper Monday to Friday 10am-3pm (walk-ins welcome)
Street packs (bag of non-perishable foods & water) as needed

Church Meals in Duncan

[Knights of Columbus](#)
[Duncan United Church](#)
[Christian Reformed Church](#)

Barbeque lunch 2nd Sunday of the month at Warmland House, 2579 Lewis St, Duncan
Hot supper at 5pm, 3rd Sunday of the month at Duncan United Church, 246 Ingram St, Duncan
Hot supper last Saturday of the month (except not in July or Dec.), 930 Trunk Rd, Duncan

For Chemainus, Crofton, Ladysmith, Lake Cowichan & South Cowichan, turn page over →

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Chemainus & Crofton	
<p>Chemainus Harvest House Society & Foodbank 9814 Willow St, Chemainus, BC V0R 1K0 Office 250-246-3455 or Cell 250-246-0338 Email office@chemainusharvesthouse.com Website chemainusharvesthouse.com</p>	<p>Office hours Monday to Friday 9:30-11:30am Chemainus Distribution - 9814 Willow St, Chemainus - Tuesday 3-5pm – Hampers - Friday 11:30am-1pm – Stop & Shop Crofton Distribution - 1586 Joan Ave, Crofton - Monday 10:30-11:30am – Stop & Shop Thetis & Penelakut Islands – Thursdays – contact the office</p>
<p>Cowichan Neighbourhood House Association 9806 Willow St, Chemainus 250-246-3203 Email info@cnha.ca Website www.cnha.ca or www.facebook.com/CowichanNeighbourhoodHA</p>	<p>Free groceries & lunch, Monday- Friday, 10:30am-2:30pm</p>
<p>Food First Chemainus Located behind Harvest House, Chemainus Email Food.first.chemainus@gmail.com Website FoodFirstChemainus.wordpress.com</p>	<p>Community Gardens, Yard Share Program, Fruit Save Program, and Food Sustainability Workshops through the Cowichan Neighbourhood House Assoc. (see above entry)</p>
Ladysmith	
<p>Ladysmith Family & Friends Resource Program (LaFF) 1110 - 1st Ave, Ladysmith 250-210-0870 Email admin@familyandfriends.ca www.familyandfriends.ca</p>	<p>Free food pantry for families during programming</p>
<p>Ladysmith Meals on Wheels 250-245-5255 Email mow@lhca.ca</p>	<p>Hot lunch Mon/Wed/Fri, noon delivery, \$6 per meal Ladysmith Healthcare Auxiliary will pay for 3 meals per month with monthly orders</p>
<p>Ladysmith Resource Centre Association 630 2nd Ave, Ladysmith 250-245-3079 Website www.lrca.ca</p>	<p>Foodbank open Tues. 4-6pm, Wed. 9:30-11:30am & by appt on Thurs. 9:30-11:30am book at calendly.com/ladysmithfoodbank</p>
Lake Cowichan	
<p>Cowichan Lake Community Services Society 121 Point Ideal Drive, Lake Cowichan 250-749-6822 Email comserv@comserv.org Website www.comserv.org</p>	<p>Fresh produce Monday & Wednesday 11- 11:30am - Monday: first priority to people age 60+ years - Wednesday: first priority to people under 60 years. Soup kitchen Monday & Thursday 12noon to 2pm at Lake Cowichan Christian Fellowship Church at 10 King George St</p>
<p>Lake Cowichan Food Bank 62 Fern Rd, Lake Cowichan 250-510-3663 Email cowichanlakefoodbank@gmail.com Website cowichanlake.ca/directory-classifieds/lake-cowichan-food-bank-society</p>	<p>Monthly hamper 2nd Wed. of each month at 1-3:30pm Families with children can pre-register to pick up hamper on Tuesday 11am-12 before Wed. hamper day if preferred Apply at Cowichan Lake Community Services (see above)</p>
South Cowichan: Cobble Hill, Mill Bay, Shawnigan	
<p>CMS Food Bank Society 2740 Lashburn Rd, Mill Bay 250-743-5242 Email cmsfoodbank@gmail.com Web cmsfoodbank.org</p>	<p>Monthly food hamper Tuesday 9am-2pm & Thurs. 9-11am Proof of residence in Cobble Hill, Mill Bay or Shawnigan Lake is required</p>

[Volunteer Cowichan](#) connects people with volunteers who can help with grocery shopping and other essentials. If you are in need or would like to volunteer, call 250-748-2133 or email vc@volunteercowichan.bc.ca